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**Metro Silver Championships CENTRAL**

February 26 & 27, 2022

**Silvers Central Sanction # 220209**

**Time Trial Section # 220261-T**

**METRO CENTRAL TEAMS:** APEX Swim Club, Asphalt Green, Brooklyn Otters, Badger Swim

Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Cross Island Y Barracudas,

Flushing YMCA, Freedom Aquatics, Hydro aquatics, Hurricane Swimming, Harbor Seals/ Bay ridge, JCC Thunderbirds, Kips Bay Makos, LaGuardia Aquatic Club, Long Island Express (Silvers Only), Life Time New York, Lion Swim Academy, Manhattan Makos, McBurney Manta Rays, Match point, NYC, Nile Crocodile Aquatic Club, New Settlement Community Center, Nu Fenmen, New York City Athletic Club, NYC Parks, Queens Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y (Brooklyn Seals), Swim Tech, Trident Swim Club, Trident Aquatic Club, Westchester Wolverines, 92nd Street Flying Dolphins

# Hosted at Mark Twain, Yonkers NY

# Nile Crocodile Aquatic Club and New Settlement Community Center

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| **SANCTION:** | Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#220209** |
| **LOCATION:** | Mark Twain Pool Yonkers Montessori Academy, 140 Woodlawn Avenue, Yonkers  NY 10704 |
| **FACILITY:** | 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stand and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 12 feet in deep end, 4 feet in shallow end. |
| **SESSIONS:** | Session 1: Saturday AM: 7:30 AM Warm Up – 8:30 AM Start  Session 2: Saturday PM: 1:30 PM Warm-Up – 2:30 PM Start  Session 3: Sunday AM: 7:30 AM Warm Up – 8:30 AM Start  Session 4: Sunday PM: 1:30 PM Warm-Up – 2:30 PM Start |
| **FORMAT:** | This is a timed final meet.  This meet will be deck seeded with coaches checking in/scratching all swimmers 30 minutes prior to the listed start time. |
| **TIME TRIALS:** | Time trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the 5 sessions and any time trials will count toward the 5 events per day/per swimmer limit. The cost is $10.00 per time trial and must be paid in cash at the meet. |
| **ELIGIBILITY:** | Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  All swimmers participating in this meet must be registered by the first day of the meet.  No “Deck Registrations” will be accepted  Age on will determine age for the entire meet as of the first day of the meet. |
| **ADDITIONAL ELIGIBILITY:** | As voted on at the BOD of February 28, 2013: If a swimmer ages up to a new ELIGIBILITY: age group between the first day of Silvers (February 26th, 2022) and the first day of JO’s (March 11th, 2022), and that swimmer has a JO qualifying time in the age group they are entered during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a JO qualifying time in that same event in the new age group by the meet extension deadline of JO’s that swimmer would be able to swim that event as exhibition/non-award at Silvers. For example, Jane Doe is 10 years old as of February 26th on the first day of Silvers, her time in the 50 free is :31.00 (which is a JO time in the 50 free so she can’t swim that event at Silvers). Jane ages up on March 11th so now her :31.00 in the 50 free is too slow for JO’s in the 11-12 age group. Under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12  age group as exhibition only. Entries for that swimmer should be clicked as X (exhibition)  in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers entries.  **AGE UPDATED OF FEBRUARY 26, 2022** |
| **DISABILITY****SWIMMERS:** | Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. |

The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of

any disability prior to the competition.

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| **ENTRIES:** | A hard copy of the entries with “proof of times” must be emailed at the time entries are sent. (Just check the box “include proof of times in Team Manager Entry report. All swimmers must be members of USA Swimming to enter and compete in this meet. There will be 9 &under,10,11,12,13,14 and 15-18 events. Swimmers may compete up to 5 individual events per day. Entry times must have been achieved between January 1, 2021 and the entry deadline, February 18, 2022. A SWIMS Times Recon will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. Times cannot be converted times; NT’s will not be accepted.  U.S. Mail Entries/Payment to: **MAGDY SHOKRY, 46 Nuvern Avenue, MT. Vernon, NY 10550**  Email Entries/Confirm Entry Receipt: **M.shokry@newsettlement.org** |
| **DEADLINE:** | 1.This is a Metro Championship Meet (Metro Central Teams only)  2.The final entry deadline for this meet is **February 18, 2022** - New cuts may be emailed in 2/19-2/27.  An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email. |
| **ENTRY FEE:** | An entry fee of **$5.00** per individual event: **$1.00** per swimmer Metropolitan Swimming Surcharge: **$4.00** per swimmer facility charge. Fees must accompany the entries.  Make check payable to: **NCAC.**  Payment must be received by the event date for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. |
| **WARM-UP:** | Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers’ coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm-ups at the competition end of the pool. |
| **SCRATCHES:** | Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session. |
| **COACHES:** | In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.  Coaches who do not possess these credentials will be required to leave the deck area. |
| **AWARDS:** | Medals are awarded for places 1-3 and ribbons for places 4-8 awarded to: 9u, 10, 11, 12, 13, 14, & 15-18 age groups. All swimmers that qualify for Junior Olympics at The Silvers are non- awards and may therefore enter the J.O. Meet even if the JO entry deadline has passed. |

**Awards can only be picked up by a coach during the meet. Any awards not**

**picked up will NOT be mailed.**

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| **OFFICIALS:** | **Meet Referee**: Flick Marinello Flickdance@msn.com  Officials wishing to volunteer should contact Meet Referee by February 18,2020 |
| **ADMIN.**  **OFFICIAL:** | **Administrative Official**: Wendy Martinez - bellamiamour@gmail.com |
| **MEET**  **DIRECTOR:**  **RULES:** | Magdy Shokry [Magdyshokry@hotmail.com](mailto:Magdyshokry@hotmail.com)  Wendy Martinez – [Bellamiamour@gmail.com](mailto:Bellamiamour@gmail.com)  Only Metropolitan Swimming Certified USA Swimming Coaches questions will  be entertained. All parents are to speak with their individual team’s coaches  regarding specific needs. |
|  | The current USA Swimming Rules and Regulations will apply.  **The USA Swimming Code of Conduct is in effect for the duration of the meet.**  The overhead start procedure may be used at the discretion of the meet Referee. |
| **SAFETY:** | **All swimmers must wear footwear upon leaving the pool area.**  Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be  present throughout warm-ups and competition, and have the authority to  remove, with the concurrence of the meet Referee, any swimmer, coach, club,  or spectator for failure to follow the safety rules. “**Any swimmer entered in**  **the meet must be certified by a USA Swimming member coach as being**  **proficient in performing a racing start or must start each race from within**  **the water. When unaccompanied by a member-coach, it is the responsibility**  **of the swimmer, or the swimmer’s legal guardian, to ensure compliance with**  **this requirement**” |
| **MAAPP POLICY:**  **WATER DEPTH:**  **DISCLAIMER:** | **All applicable adults participating in or associated with this meet,**  **acknowledge that they are subject to the provisions of the USA Swimming**  **Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand**  **that compliance with the MAAPP policy is a condition of participation in the**  **conduct of this competition.**  USA 2011 - 202.3.7 "The meet announcement shall include information about water depth  measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters)  from both end walls.” **Deepest 12 feet 5 inches. Shallowest 6 feet 7 inches,** |
|  | Upon acceptance of his/her entries, the participant waives all claims against **Montessori**  **Academy, Nile Crocodile Aquatic Club, New Settlement Community Center,**  **Metropolitan Swimming Inc., USA Swimming Inc.,** their agents or representatives for  any injury occurring as a result of the meet. It is understood that USA Swimming, Inc. and  Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising  by reason of injuries to anyone during the conduct of the meet.  An inherent risk of exposure to COVID-19 exists in any public place where people are  present. COVID-19 is an extremely contagious disease that can lead to severe illness  and death. According to the Centers for Disease Control and Prevention, senior citizens  and individuals with underlying medical conditions are especially vulnerable.  USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to  Contracting, or spreading COVID-19 while participating in USA Swimming sanctioned  events. It is not possible to prevent against the presence of the disease. Therefore, if you  choose to participate in a USA Swimming sanctioned event, you may be exposing  yourself to and/or increasing your risk of contracting or spreading COVID-19.    BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY  ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER  RELEASE AND HOLD HARMLESS **Montessori Academy, Nile Crocodile Aquatic**  **Club, New Settlement Community Center, Metropolitan Swimming Inc., USA**  **Swimming Inc** AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS,  EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS  INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES,  OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF  NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES,  WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN  CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19  RELATED TO PARTICIPATION IN THIS COMPETITION |
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**AUDIO/VISUAL Use of Audio or visual recording devices, including a cell phone, is not permitted in**

**STATEMENT: changing areas, rest rooms, locker rooms or behind the starting block’s**

**“Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools,**

**athlete/coach areas, spectator areas and open ceiling locker rooms) at any time athletes, coaches, officials and/or spectators are present.”**

**DECK Deck Changes are prohibited.**

**CHANGING:**

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| **ADMISSION:** | **$10.00 Admissions per session will be at the front of the building, cash only.**  **All children over the age of 6 require admissions.**  **SPECTATORS MAYBE ALLWED BUT LIMITED DEPENDING ON THE ATHLETE**  **PARTICIPATION. TEAM WILL BE NOTIFIED OF THE AVAILABILITY ONCE ALL**  **ENTRIES ARE RECEIVED**  Meet will be available on meet mobile / No programs will be sold AT DOOR.  **We will have video Streaming for the entire weekend sessions, links will be offer later.** |
| **MERCHANTS:** | We will sale food and beverages in the spectators’ area. |
| **PARKING:** | Free parking provided through the Montessori Academy and on the streets around the building. |

**IMPORTANT! IN CASE OF EMERGENCY:**

**Pool Office: 914-376-8434**

**Meet Desk: 347-466-0375**



**Metropolitan Swimming**

**Photographer Registration Form**

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at any Metropolitan Swimming sanctioned meet and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Government ID (driver’s license preferred) or USA Swimming Registration Card:

Type of ID\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Taking photos of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On behalf of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Purpose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter’s box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date\_\_\_\_\_\_\_\_\_\_\_\_

Meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date(s) of meet\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# Session #1 Saturday 2/26/2022 Morning

**Ages: 9& Under/ 10 and 13/14 years old Warm-up: 7:30 am Start Time: 8:30 am**

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| **EVENT** | **SILVER QUALIFIYING TIME** | **SILVER MAX TIME** |
| **1-A Girls 9 Under 100 FR** | **1:18.49** | **1:11.20** |
| **1-B Girls10 years old 100 FR** | **1:18.49** | **1:08.80** |
| **2-A Boys 9 Under 100 FR** | **1:18.49** | **1:11.20** |
| **2-B Boys 10 years old 100 FR** | **1:18.49** | **1:0880** |
| **3-A Girls 13 years old 100 FR** | **1:03.09** | **57.70** |
| **3-B Girls 14 years old 100 FR** | **1:03.09** | **56.40** |
| **4-A Boys 13 years old 100 FR** | **59.59** | **55.20** |
| **4-B Boys 14 years old 100 FR** | **59.59** | **53.00** |
| **5-A Girls 9 Under 50 FLY** | **42.39** | **36.30** |
| **5-B Girls 10 years old 50 FLY** | **42.39** | **35.10** |
| **6-A Boys 9 Under 50 FLY** | **43.89** | **36.30** |
| **6-B Boys 10 years old 50 FLY** | **43.89** | **35.10** |
| **7-A Girls 13 years old 100 FLY** | **1:11.59** | **1:04.10** |
| **7-B Girls 14 years old 100 FLY** | **1:11.59** | **1:02.90** |
| **8-A Boys 13 years old 100 FLY** | **1:07.09** | **1:01.70** |
| **8-B Boys 14 years old 100 FLY** | **1:07.09** | **59.50** |
| **9-A Girls 9 Under 100 BR** | **1:46.19** | **1:33.20** |
| **9-B Girls 10 years old 100 BR** | **1:46.19** | **1:30.80** |
| **10-A Boys 9 Under 100 BR** | **1:48.39** | **1:35.20** |
| **10-B Boys 10 years old 100 BR** | **1:48.39** | **1:32.80** |
| **11-A Girls 13 years old 200 BR** | **2:56.99** | **2:41.20** |
| **11-B Girls 14 years old 200 BR** | **2:56.99** | **2:38.80** |
| **12-A Boys 13 years old 200 BR** | **2:47.89** | **2:33.40** |
| **12-B Boys 14 years old 200 BR** | **2:47.89** | **2:29.40** |
| **13-A Girls 9 Under 50 BK** | **41.89** | **37.80** |
| **13-B Girls 10 years old 50 BK** | **41.89** | **36.20** |
| **14-A Boys 9 Under 50 BK** | **42.89** | **37.80** |
| **14-B Boys 10 years old 50 BK** | **42.89** | **36.60** |
| **15-A Girls 13 years old 200 BK** | **2:36.29** | **2:19.50** |
| **15-B Girls 14 years old 200 BK** | **2:36.29** | **2:17.10** |
| **16-A Boys 13 years old 200 BK** | **2:27.09** | **2:15.90** |
| **16-B Boys 14 years old 200 BK** | **2:27.09** | **2:11.90** |
| **17-A Girls 9 Under 500 FR** | **7:04.99** | **6:51.00** |
| **17-B Girls 10 years old 500 FR** | **7:04.99** | **6:34.00** |
| **18 A Boys 9 Under 500 FR** | **7:05.99** | **6:51.00** |
| **18-B Boys 10 years old 500 FR** | **7:05.99** | **6:39.00** |
| **19-A Girls 13 years old 200 IM** | **2:41.49** | **2:21.20** |
| **19-B Girls 14 years old 200 IM** | **2:41.49** | **2:18.80** |
| **20-A Boys 13 years old 200 IM** | **2:31.09** | **2:15.40** |
| **20-B Boys 14 years old 200 IM** | **2:31.09** | **2:11.00** |

# Session #2 Saturday 2/26/2022 Afternoon

**Ages: 11/12 and 15-18 years old Warm-up: 1:30 pm Start Time: 2:30 pm**

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| **EVENT** | **SILVER QUALIFIYING TIME** | **SILVER MAX TIME** |
| **21-A Girls 11 years old 100 FR** | **1:08.29** | **1:01.70** |
| **21-B Girls12 years old 100 FR** | **1:08.29** | **59.70** |
| **22-A Boys 11 years old 100 FR** | **1:06.99** | **1:01.20** |
| **22-B Boys 12 years old 100 FR** | **1:06.99** | **59.50** |
| **23-A Girls 15-18 years old 100 FR** | **1:01.09** | **57.00** |
| **23-B Boys 15-18 years old 100 FR** | **54.49** | **51.50** |
| **24-A Girls 11 years old 200 FLY** | **2:49.39** | **2:42.40** |
| **24-B Girls 12 years old 200 FLY** | **2:49.39** | **2:38.40** |
| **25-A Boys 11 years old 200 FLY** | **2:45.39** | **2:42.40** |
| **25-B Boys 12 years old 200 FLY** | **2:45.39** | **2:38.40** |
| **26-A Girls 15-18 years old 100 FLY** | **1:09.59** | **1:03.00** |
| **26-B Boys 15-18 years old 100 FLY** | **1:02.59** | **57.00** |
| **27-A Girls 11 years old 50 BK** | **36.09** | **32.60** |
| **27-B Girls 12 years old 50 BK** | **36.09** | **31.60** |
| **28-A Boys 11 years old 50 BK** | **36.09** | **32.60** |
| **28-B Boys 12 years old 50 BK** | **36.09** | **31.60** |
| **29-A Girls 15-18 years old 200 BK** | **2:29.29** | **2:20.00** |
| **29-B Boys 15-18 years old 200 BK** | **2:16.89** | **2:09.00** |
| **30-A Girls 11 years old 50 BR** | **40.59** | **37.30** |
| **30-B Girls 12 years old 50 BR** | **40.59** | **36.30** |
| **31-A Boys 11 years old 50 BR** | **40.29** | **37.20** |
| **31-B Boys 12 years old 50 BR** | **40.29** | **36.20** |
| **23-A Girls 11 years old 200 BK** | **2:46.99** | **2:32.40** |
| **32-B Girls 12 years old 200 BK** | **2:46.99** | **2:28.40** |
| **33-A Boys 11 years old 200 BK** | **2:42.79** | **2:35.40** |
| **33-B Boys 12 years old 200 BK** | **2:42.79** | **2:31.40** |
| **34-A Girls 15-18 years old 200 BR** | **2:50.99** | **2:41.00** |
| **34-B Boys 15-18 years old 200 BR** | **2:36.79** | **2:26.00** |
| **35-A Girls 11 years old 100 BR** | **1:28.69** | **1:20.20** |
| **35-B Girls 12 years old 100 BR** | **1:28.69** | **1:18.20** |
| **36-A Boys 11 years old 100 BR** | **1:26.49** | **1:20.20** |
| **36-B Boys 12 years old 100 BR** | **1:26.49** | **1:18.20** |
| **37-A Girls 15-18 years old 200 IM** | **2:29.99** | **2:19.00** |
| **37-B Boys 15-18 years old 200 IM** | **2:27.79** | **2:07.00** |
| **38-A Girls 11 years old 200 IM** | **2:48.09** | **2:30.40** |
| **38-B Girls 12 years old 200 IM** | **2:48.09** | **2:26.40** |
| **39-A** **Boys 11 years old 200 IM** | **2:47.99** | **2:30.40** |
| **39-B Boys 12 years old 200 IM** | **2:47.99** | **2:26.40** |

# Session #3 Sunday 2/27/2022 Morning

**Ages: 9& Under/ 10 and 13/14 years old Warm-up: 7:30 am Start Time: 8:30 am**

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| **EVENT** | **SILVER QUALIFIYING TIME** | **SILVER MAX TIME** |
| **40-A Girls 9 Under 200 FR** | **2:49.59** | **2:34.40** |
| **40-B Girls10 years old 200 FR** | **2:49.59** | **2:47.60** |
| **41-A Boys 9 Under 200 FR** | **2:49.59** | **2:34.40** |
| **41-B Boys 10 years old 200 FR** | **2:49.59** | **2:29.60** |
| **42-A Girls 13 years old 200 FR** | **2:16.99** | **2:05.20** |
| **42-B Girls 14 years old 200 FR** | **2:16.99** | **2:02.80** |
| **43-A Boys 13 years old 200 FR** | **2:14.19** | **2:00.40** |
| **43-B Boys 14 years old 200 FR** | **2:14.19** | **1:56.00** |
| **44-A Girls 9 Under 100 IM** | **1:28.59** | **1:22.00** |
| **44-B Girls 10 years old IM** | **1:28.59** | **1:18.80** |
| **45-A Boys 9 Under 100 IM** | **1:28.59** | **1:22.00** |
| **45-B Boys 10 years old100 IM** | **1:28.59** | **1:18.80** |
| **46-A Girls 13 years old 100 BR** | **1:23.49** | **1:14.60** |
| **46-B Girls 14 years old 100 BR** | **1:23.49** | **1:13.40** |
| **47-A Boys 13 years old 100 BR** | **1:16.69** | **1:10.70** |
| **47-B Boys 14 years old 100 BR** | **1:16.69** | **1:08.70** |
| **48-A Girls 9 Under 50 BR** | **47.79** | **43.60** |
| **48-B Girls 10 years old 50 BR** | **47.79** | **42.00** |
| **49-A Boys 9 Under 50 BR** | **48.59** | **43.60** |
| **49-B Boys 10 years old 50 BR** | **48.59** | **42.40** |
| **50-A Girls 13 years old 100 BK** | **1:12.69** | **1:05.20** |
| **50-B Girls 14 years old 100 BK** | **1:12.69** | **1:04.00** |
| **51-A Boys 13 years old 100 BK** | **1:08.29** | **1:03.20** |
| **51-B Boys 14 years old 100 BK** | **1:08.29** | **1:01.20** |
| **52-A Girls 9 Under 100 BK** | **1:33.09** | **1:20.70** |
| **52-B Girls 10 years old 100 BK** | **1:33.09** | **1:18.30** |
| **53-A Boys 9 Under 100 BK** | **1:37.09** | **1:21.80** |
| **53-B Boys 10 years old 100 BK** | **1:37.09** | **1:19.40** |
| **54-A Girls 13 years 50 FR** | **28.79** | **26.50** |
| **54-B Girls 14 years old 50 FR** | **28.79** | **26.10** |
| **55-A Boys 13 years old 50 FR** | **26.79** | **25.40** |
| **55-B Boys 14 years old 50 FR** | **26.79** | **24.40** |
| **56-A Girls 9 Under 50 FR** | **35.19** | **32.70** |
| **56-B Girls 10 years old 50 FR** | **35.19** | **31.20** |
| **57-A Boys 9 Under 50 FR** | **35.19** | **32.70** |
| **57-B Boys 10 years old 50 FR** | **35.19** | **31.10** |
| **58-A Girls 13 years old 200 FLY** | **2:36.59** | **2:27.20** |
| **58-B Girls 14 years old 200 FLY** | **2:36.59** | **2:24.80** |
| **59-A Boys 13 years old 200 FLY** | **2:29.59** | **2:20.40** |
| **59-B Boys 14 years old 200 FLY** | **2:29.59** | **2:16.40** |
| **60-A Girls 9 Under 100 FLY** | **1:37.99** | **1:26.80** |
| **60-B Girls 10 years old 100 FLY** | **1:37.99** | **1:23.80** |
| **61-A Boys 9 Under 100 FLY** | **1:37.99** | **1:26.80** |
| **61-B Boys 10 years old 100 FLY** | **1:37.99** | **1:24.40** |

# Session #4 Sunday 2/27/2022 Afternoon

**Ages: 11/12 and 15-18 years old Warm-up: 1:30 pm Start Time: 2:30 pm**

|  |  |  |
| --- | --- | --- |
| **EVENT** | **SILVER QUALIFIYING TIME** | **SILVER MAX TIME** |
| **62-A Girls 11 years old 100 FLY** | **1:19.39** | **1:10.70** |
| **62-B Girls12 years old 100 FLY** | **1:19.39** | **1:08.00** |
| **63-A Boys 11 years old 100 FLY** | **1:17.59** | **1:11.90** |
| **63-B Boys 12 years old 100 FLY** | **1:17.59** | **1:09.90** |
| **64-A Girls 15-18 years old 200 FR** | **2:10.59** | **2:02.50** |
| **64-B Boys 15-18 years old 200 FR** | **1:57.99** | **1:52.50** |
| **65-A Girls 11 years old 50 FR** | **30.99** | **28.60** |
| **65-B Girls 12 years old 50 FR** | **30.99** | **27.60** |
| **66-A Boys 11 years old 50 FR** | **30.69** | **28.50** |
| **66-B Boys 12 years old 50 FR** | **30.69** | **27.50** |
| **67-A Girls 15-18 years old 100 BK** | **1:10.09** | **1:04.50** |
| **67-B Boys 15-18 years old 100 BK** | **1:03.89** | **58.80** |
| **68-A Girls 11 years old 100 BK** | **1:19.49** | **1:09.90** |
| **68-B Girls 12 years old 100 BK** | **1:19.49** | **1:07.90** |
| **69-A Boys 11 years old 100 BK** | **1:17.49** | **1:10.20** |
| **69-B Boys 12 years old 100 BK** | **1:17.49** | **1:08.20** |
| **70-A Girls 15-18 years old 100 BR** | **1:20.89** | **1:14.00** |
| **70-B Boys 15-18 years old 100 BR** | **1:10.89** | **1:05.70** |
| **71-A Girls 11 years old 200 BR** | **3:11.19** | **2:56.40** |
| **71-B Girls 12 years old 200 BR** | **3:11.19** | **2:52.40** |
| **72-A Boys 11 years old 200 BR** | **3:03.49** | **2:56.40** |
| **72-B Boys 12 years old 200 BR** | **3:03.49** | **2:52.40** |
| **73-A Girls 11 years old 50 FLY** | **34.59** | **31.30** |
| **73-B Girls 12 years old 50 FLY** | **34.59** | **30.00** |
| **74-A Boys 11 years old 50 FLY** | **34.69** | **31.60** |
| **74-B Boys 12 years old 50 FLY** | **34.69** | **30.60** |
| **75-A Girls 15-18 years old 50 FR** | **28.59** | **26.30** |
| **75-B Boys 15-18 years old 50 FR** | **25.19** | **23.70** |
| **76-A Girls 11 years old 100 IM** | **1:18.69** | **1:11.20** |
| **76-B Girls 12 years old 100 IM** | **1:18.69** | **1:09.20** |
| **77-A Boys 11 years old 100 IM** | **1:17.19** | **1:11.20** |
| **77-B Boys 12 years old 100 IM** | **1:17.19** | **1:09.20** |
| **78-A Girls 15-18 years old 200 FLY** | **2:33.99** | **2:27.00** |
| **78-B Boys 15-18 years old 200 FLY** | **2:24.99** | **2:12.00** |
| **79-A Girls 11 years old 200 FR** | **2:25.89** | **2:14.30** |
| **79-B Girls 12 years old 200 FR** | **2:25.89** | **2:10.30** |
| **80-A Boys 11 years old 200 FR** | **2:25.99** | **2:13.40** |
| **80-B Boys 12 years old 200 FR** | **2:25.99** | **2:09.40** |

**METRO AGE GROUP TIME STANDARDS**

**2021-2022 SHORT COURSE**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **GIRLS** | **9&U**  **Silver** | | **JO** | **Silver** | **10** | **JO** | **Silver** | **11** | **JO** | **Silver** | **12**  **JO** | | **Silver** | **13**  **JO** | **Silver** | **14**  **JO** | **15-18**  **Silver Team Challenge** | | **GIRLS** |
| **50 Free** | **35.19** |  | **32.69** | **35.19** |  | **31.19** | **30.99** |  | **28.59** | **30.99** | **27.59** | | **28.79** | **26.49** | **28.79** | **26.09** | **28.59** | **26.29** | **50 Free** |
| **100 Free** | **1:18.49** |  | **1:11.19** | **1:18.49** |  | **1:08.79** | **1:08.29** |  | **1:01.69** | **1:08.29** | **59.69** | | **1:03.09** | **57.69** | **1:03.09** | **56.39** | **1:01.09** | **56.99** | **100 Free** |
| **200 Free** | **2:49.59** |  | **2:34.39** | **2:49.59** |  | **2:27.59** | **2:25.89** |  | **2:14.29** | **2:25.89** | **2:10.29** | | **2:16.99** | **2:05.19** | **2:16.99** | **2:02.79** | **2:10.59** | **2:02.49** | **200 Free** |
| **500 Free** | **7:04.99** |  | **6:50.99** | **7:04.99** |  | **6:33.99** | **6:20.79** |  | **6:01.99** | **6:20.79** | **5:51.99** | | **5:50.59** | **5:32.99** | **5:50.59** | **5:26.99** | **5:39.99** | **5:29.99** | **500 Free** |
| **1000 Free** |  |  |  |  |  |  |  |  |  |  |  | |  | **11:15.99** |  | **11:03.99** |  | **10:59.99** | **1000 Free** |
| **1650 Free** |  |  |  |  |  |  |  |  |  |  |  | |  |  |  |  |  |  | **1650 Free** |
| **50 Back** | **41.89** |  | **37.79** | **41.89** |  | **36.19** | **36.09** |  | **32.59** | **36.09** | **31.59** | |  |  |  |  |  |  | **50 Back** |
| **100 Back** | **1:33.09** |  | **1:20.69** | **1:33.09** |  | **1:18.29** | **1:19.49** |  | **1:09.89** | **1:19.49** | **1:07.89** | | **1:12.69** | **1:05.19** | **1:12.69** | **1:03.99** | **1:10.09** | **1:04.49** | **100 Back** |
| **200 Back** |  |  |  |  |  |  | **2:46.99** |  | **2:32.39** | **2:46.99** | **2:28.39** | | **2:36.29** | **2:19.49** | **2:36.29** | **2:17.09** | **2:29.29** | **2:19.99** | **200 Back** |
| **50 Breast** | **47.79** |  | **43.59** | **47.79** |  | **41.99** | **40.59** |  | **37.29** | **40.59** | **36.29** | |  |  |  |  |  |  | **50 Breast** |
| **100 Breast** | **1:46.19** |  | **1:33.19** | **1:46.19** |  | **1:30.79** | **1:28.69** |  | **1:20.19** | **1:28.69** | **1:18.19** | | **1:23.49** | **1:14.59** | **1:23.49** | **1:13.39** | **1:20.89** | **1:13.99** | **100 Breast** |
| **200 Breast** |  |  |  |  |  |  | **3:11.19** |  | **2:56.39** | **3:11.19** | **2:52.39** | | **2:56.99** | **2:41.19** | **2:56.99** | **2:38.79** | **2:50.99** | **2:40.99** | **200 Breast** |
| **50 Fly** | **42.39** |  | **36.29** | **42.39** |  | **35.09** | **34.59** |  | **31.29** | **34.59** | **29.99** | |  |  |  |  |  |  | **50 Fly** |
| **100 Fly** | **1:37.99** |  | **1:26.79** | **1:37.99** |  | **1:23.79** | **1:19.39** |  | **1:10.69** | **1:19.39** | **1:07.99** | | **1:11.59** | **1:04.09** | **1:11.59** | **1:02.89** | **1:09.59** | **1:02.99** | **100 Fly** |
| **200 Fly** |  |  |  |  |  |  | **2:49.39** |  | **2:42.39** | **2:49.39** | **2:38.39** | | **2:36.59** | **2:27.19** | **2:36.59** | **2:24.79** | **2:33.99** | **2:26.99** | **200 Fly** |
| **100 IM** | **1:28.59** |  | **1:21.99** | **1:28.59** |  | **1:18.79** | **1:18.69** |  | **1:11.19** | **1:18.69** | **1:09.19** | |  |  |  |  |  |  | **100 IM** |
| **200 IM** | **3:13.99** |  | **2:52.39** | **3:13.99** |  | **2:47.59** | **2:48.09** |  | **2:30.39** | **2:48.09** | **2:26.39** | | **2:41.49** | **2:21.19** | **2:41.49** | **2:18.79** | **2:29.99** | **2:18.99** | **200 IM** |
| **400 IM** |  |  |  |  |  |  | **5:50.99** |  | **5:25.79** | **5:50.99** | **5:17.79** | | **5:25.99** | **5:02.39** | **5:25.99** | **4:57.59** | **5:23.29** | **4:59.99** | **400 IM** |
| **BOYS** | **9&U**  **Silver** | | **JO** | **Silver** | **10** | **JO** | **Silver** | **11** | **JO** | **Silver** | **12** | **JO** | **Silver** | **13**  **JO** | **Silver** | **14**  **JO** | **15-18**  **Silver Team Challenge** | | **BOYS** |
| **50 Free** | **35.19** |  | **32.69** | **35.19** |  | **31.09** | **30.69** |  | **28.49** | **30.69** |  | **27.49** | **26.79** | **25.39** | **26.79** | **24.39** | **25.19** | **23.69** | **50 Free** |
| **100 Free** | **1:18.49** |  | **1:11.19** | **1:18.49** |  | **1:08.79** | **1:06.99** |  | **1:01.19** | **1:06.99** |  | **59.49** | **59.59** | **55.19** | **59.59** | **52.99** | **54.19** | **51.49** | **100 Free** |
| **200 Free** | **2:49.59** |  | **2:34.39** | **2:49.50** |  | **2:29.59** | **2:25.99** |  | **2:13.39** | **2:25.99** |  | **2:09.39** | **2:14.19** | **2:00.39** | **2:14.19** | **1:55.99** | **1:57.99** | **1:52.49** | **200 Free** |
| **500 Free** | **7:05.99** |  | **6:50.99** | **7:05.99** |  | **6:38.99** | **6:31.99** |  | **6:01.99** | **6:31.99** |  | **5:51.99** | **5:50.99** | **5:23.99** | **5:50.99** | **5:13.99** | **5:17.99** | **5:07.99** | **500 Free** |
| **1000 Free** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | **1000 Free** |
| **1650 Free** |  |  |  |  |  |  |  |  |  |  |  |  |  | **18:31.99** |  | **18:11.99** |  | **17:49.99** | **1650 Free** |
| **50 Back** | **42.89** |  | **37.79** | **42.89** |  | **36.59** | **36.09** |  | **32.59** | **36.09** |  | **31.59** |  |  |  |  |  |  | **50 Back** |
| **100 Back** | **1:37.09** |  | **1:21.79** | **1:37.09** |  | **1:19.39** | **1:17.49** |  | **1:10.19** | **1:17.49** |  | **1:08.19** | **1:08.29** | **1:03.19** | **1:08.29** | **1:01.19** | **1:03.89** | **58.79** | **100 Back** |
| **200 Back** |  |  |  |  |  |  | **2:42.79** |  | **2:35.39** | **2:42.79** |  | **2:31.39** | **2:27.09** | **2:15.89** | **2:27.09** | **2:11.89** | **2:16.89** | **2:08.99** | **200 Back** |
| **50 Breast** | **48.59** |  | **43.59** | **48.59** |  | **42.39** | **40.29** |  | **37.19** | **40.29** |  | **36.19** |  |  |  |  |  |  | **50 Breast** |
| **100 Breast** | **1:48.39** |  | **1:35.19** | **1:48.39** |  | **1:32.79** | **1:26.49** |  | **1:20.19** | **1:26.49** |  | **1:18.19** | **1:16.69** | **1:10.69** | **1:16.69** | **1:08.69** | **1:10.89** | **1:05.69** | **100 Breast** |
| **200 Breast** |  |  |  |  |  |  | **3:03.49** |  | **2:56.39** | **3:03.49** |  | **2:52.39** | **2:47.89** | **2:33.39** | **2:47.89** | **2:29.39** | **2:36.79** | **2:25.99** | **200 Breast** |
| **50 Fly** | **43.89** |  | **36.29** | **43.89** |  | **35.09** | **34.69** |  | **31.59** | **34.69** |  | **30.59** |  |  |  |  |  |  | **50 Fly** |
| **100 Fly** | **1:37.99** |  | **1:26.79** | **1:37.99** |  | **1:24.39** | **1:17.59** |  | **1:11.89** | **1:17.59** |  | **1:09.89** | **1:07.09** | **1:01.69** | **1:07.09** | **59.49** | **1:02.59** | **56.99** | **100 Fly** |
| **200 Fly** |  |  |  |  |  |  | **2:45.39** |  | **2:42.39** | **2:45.39** |  | **2:38.39** | **2:29.59** | **2:20.39** | **2:29.59** | **2:16.39** | **2:24.99** | **2:11.99** | **200 Fly** |
| **100 IM** | **1:28.59** |  | **1:21.99** | **1:28.59** |  | **1:18.79** | **1:17.19** |  | **1:11.19** | **1:17.19** |  | **1:09.19** |  |  |  |  |  |  | **100 IM** |
| **200 IM** | **3:13.99** |  | **2:54.39** | **3:13.99** |  | **2:49.59** | **2:47.99** |  | **2:30.39** | **2:47.99** |  | **2:26.39** | **2:31.09** | **2:15.39** | **2:31.09** | **2:10.99** | **2:27.79** | **2:06.99** | **200 IM** |
| **400 IM** |  |  |  |  |  |  | **5:52.99** |  | **5:25.79** | **5:52.99** |  | **5:17.79** | **5:09.79** | **4:47.79** | **5:09.79** | **4:39.79** | **4:45.89** | **4:35.99** | **400 IM** |

**\*Silver Championships age as of February 26, 2022.**

**Junior Olympics / 15-18 Team Challenge age as of March 11, 2022.**

**\*Swimmers with a JO cut may not swim that event at Silver Championships.**

**\*Swimmers slower than the SILVER cut are eligible for the Bronze Championships**